

NOVEMBER/DECEMBER 2025

**23USMB23 — NUTRITION AND HEALTH
HYGIENE**

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.



1. What is Nutrition?
2. List out the types of minerals.
3. Explain diet chart?
4. Which stage does children becomes Adolescents?
5. List out types of nutrition.
6. Define obesity.
7. What is known as public health?
8. List out the Health Organization centers.
9. Explain the hand washing methods.
10. How Personal Hygiene is maintained?

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Discuss about functions and deficiency of Macro and micro minerals.

Or

- (b) Illustrate the Importance of water and its functions and requirements.

12. (a) Explain the balanced diet for Pregnant and lactating women.

Or

- (b) Elaborate note on Nutritive value of Indian foods.

13. (a) Summarize about the Improper diets

Or

- (b) Discuss about Nutritional Disease and its disorder.

14. (a) Analyze the concept of environmental health and public health.

Or

- (b) Discuss about the national health policy of Indian government.

15. (a) Examine the role of village sanitation and nutritional committee.

Or

- (b) Analyze the concept of environmental sanitation and sanitation in public places.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the functions, dietary sources and effects of carbohydrates deficiency.

17. Discuss the Balanced diet for Adolescents and Adults in detail

18. Outline the concept of Malnutrition and obesity.

19. Elaborate notes on determinants of health and Key Health Indicators.

20. Explain in detail about Medical and Culinary hygiene.
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